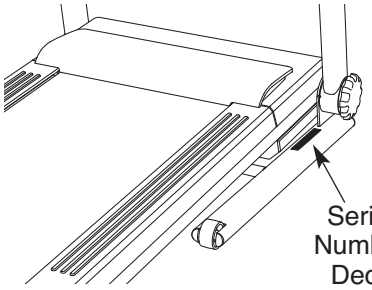
PRO-FORM®
QUICKSTART 5.0

Model No. PETL59709.0
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

Call: 08457 089 009
From Ireland: 00 (44) 53 9236102

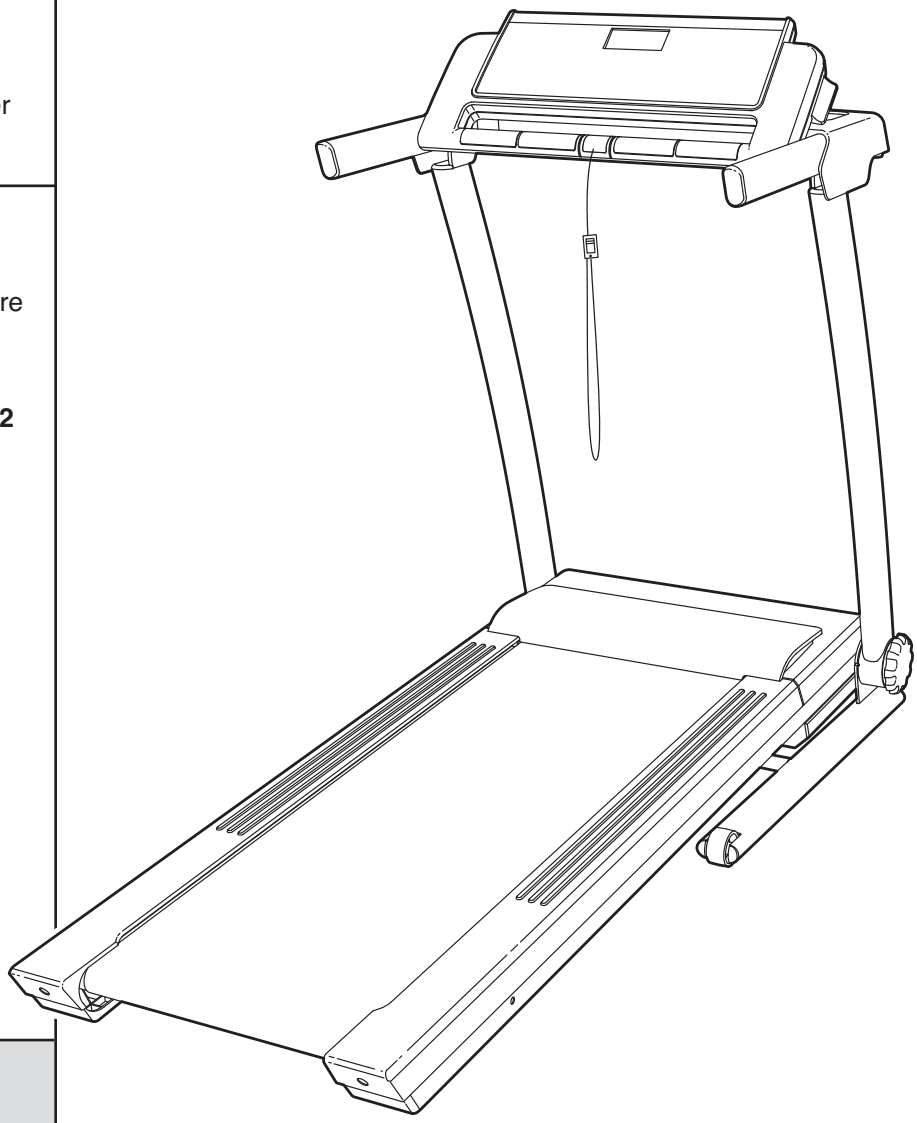
Website: www.iconsupport.eu
E-mail: csuk@iconeurope.com

Write:
ICON Health & Fitness, Ltd.
c/o HI Group PLC
Express Way
Whitwood, West Yorkshire
WF10 5QJ
UK

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



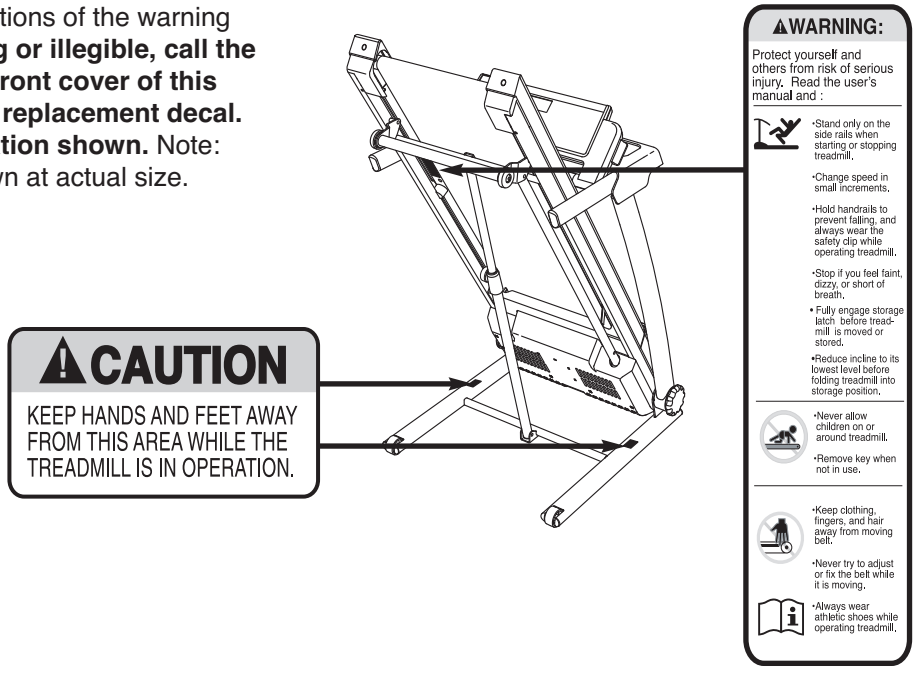
www.iconeurope.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT 2
IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 5
ASSEMBLY 6
OPERATION AND ADJUSTMENT 8
HOW TO FOLD AND MOVE THE TREADMILL 14
TROUBLESHOOTING 15
EXERCISE GUIDELINES 18
PART LIST 19
EXPLODED DRAWING 21
ORDERING REPLACEMENT PARTS . . . . . .Back Cover
RECYCLING INFORMATION . . . . . .Back Cover

WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.


⚠CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**

2. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

3. **Use the treadmill only as described.**

4. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

5. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

6. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

7. **Keep children under age 12 and pets away from the treadmill at all times.**

8. **The treadmill should be used only by persons weighing 286 lbs. (130 kg) or less.**

9. **Never allow more than one person on the treadmill at a time.**

10. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***

11. **When connecting the power cord (see page 8), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.**

12. **If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).**

13. **Keep the power cord away from heated surfaces.**

14. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 15 if the treadmill is not working properly.)**

15. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 10).**

16. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

17. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

18. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

19. **Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)**

20. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 14.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**

21. **When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.**

22. **Never insert any object into any opening on the treadmill.**

23. **Inspect and properly tighten all parts of the treadmill regularly.**

24. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

25. **This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.**

26. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

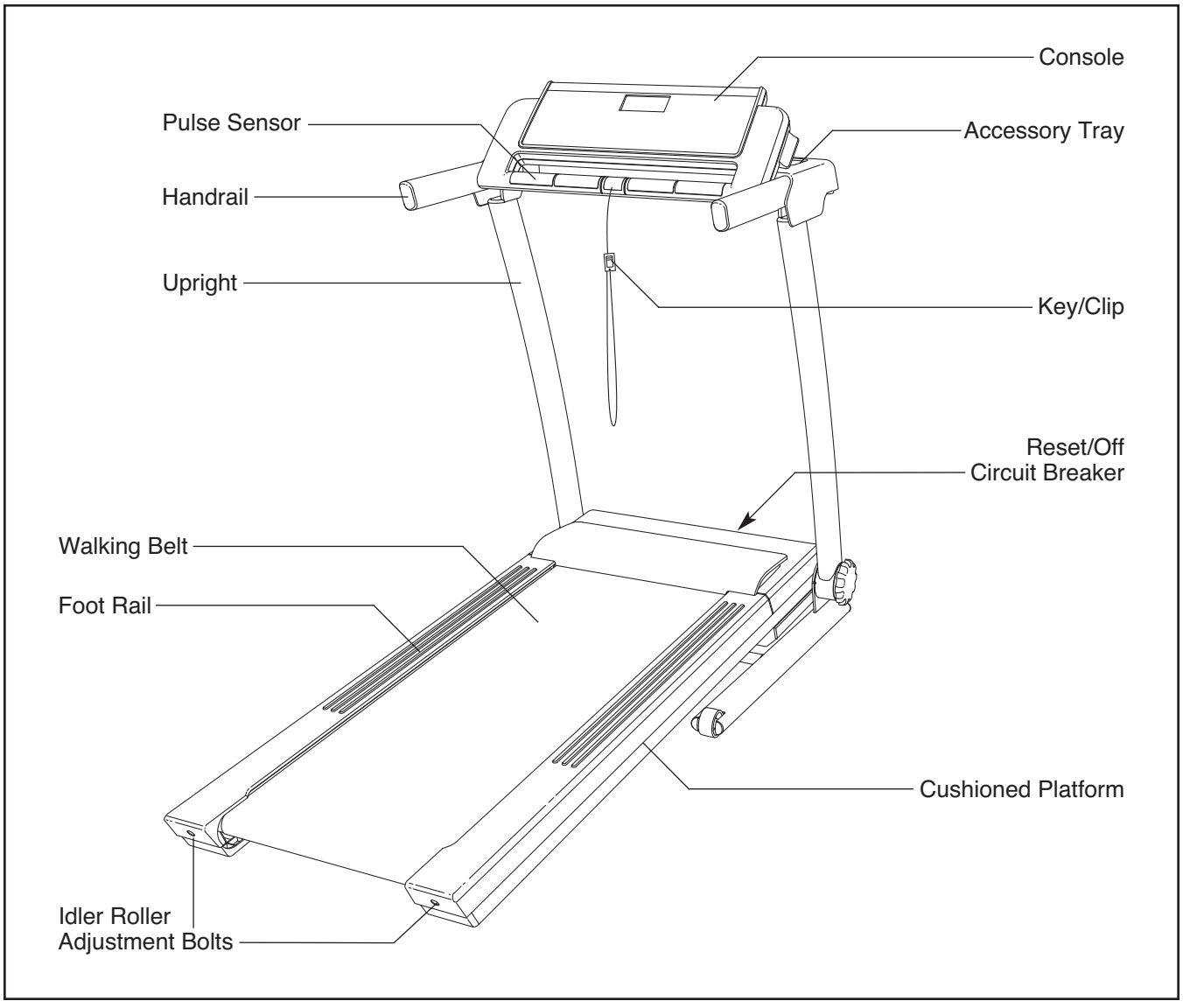
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® QUICK START 5.0 treadmill. The QUICK START 5.0 treadmill offers an impressive selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

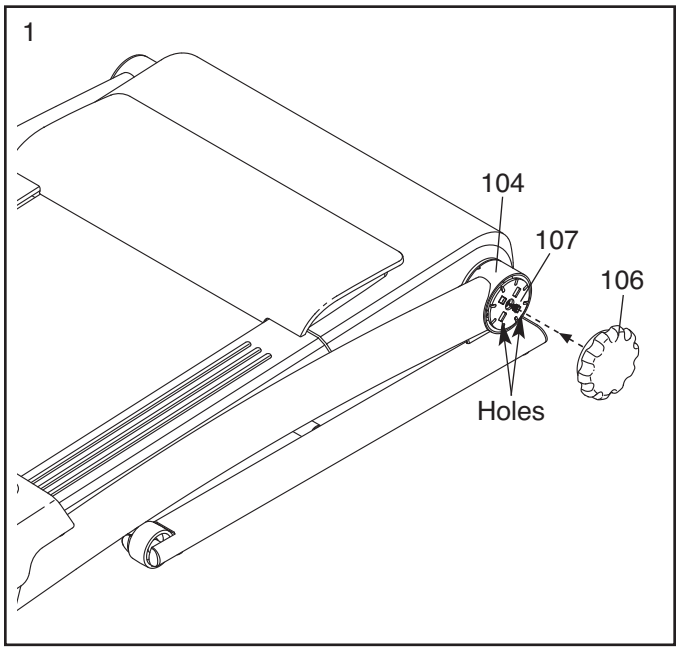


ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

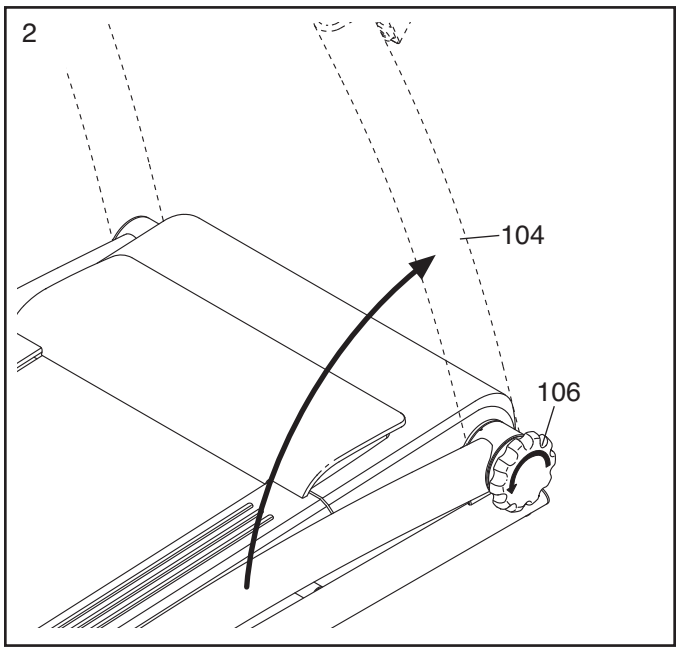
1. **Make sure that the power cord is unplugged.**

   Press the Upright Knob (106) into the lower end of the right Upright (104). Make sure that the tabs on the Upright Knob snap into the holes in the Upright Knob Plate (107).

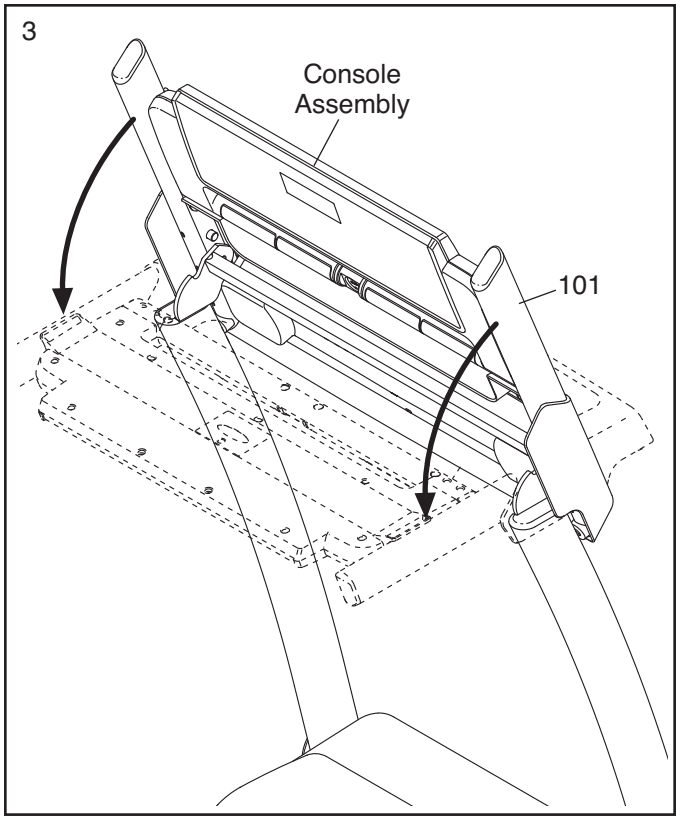


2. Turn the Upright Knob (106) counterclockwise until the Uprights (104) pivot freely. With the help of a second person, raise the Uprights. If the Uprights do not stop at the position shown, the Upright Knob is too loose. Lower the Uprights and turn the Upright Knob clockwise. Then, raise the Uprights.

   Turn the Upright Knob (106) clockwise to lock the Uprights (104) in the vertical position.

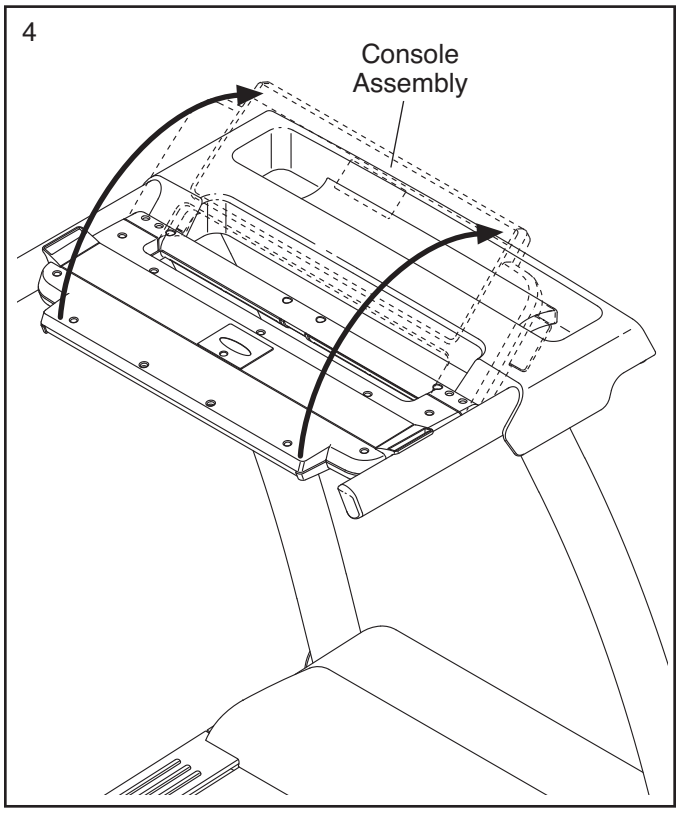


3. Pivot down the Handrails (101) and the console assembly.



4. Pivot up the console assembly.

   Always make sure that the console assembly is completely unfolded before you use the treadmill.



5. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see pages 16 and 17).

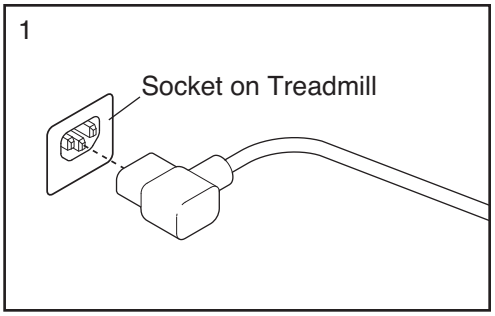
OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

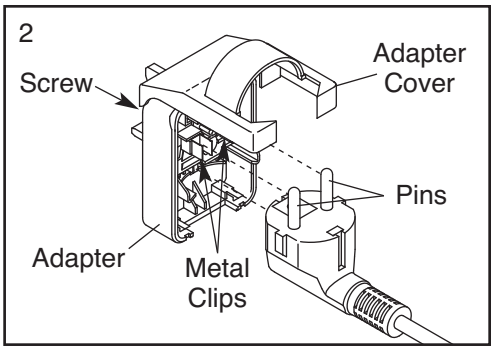
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

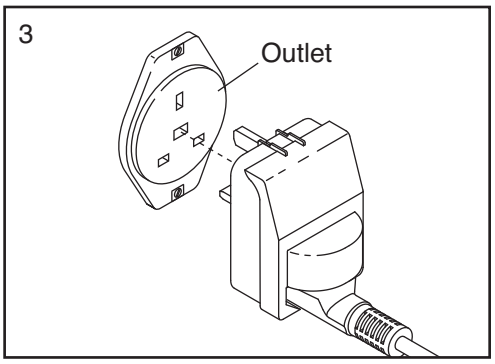


See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.

See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **IMPORTANT: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**

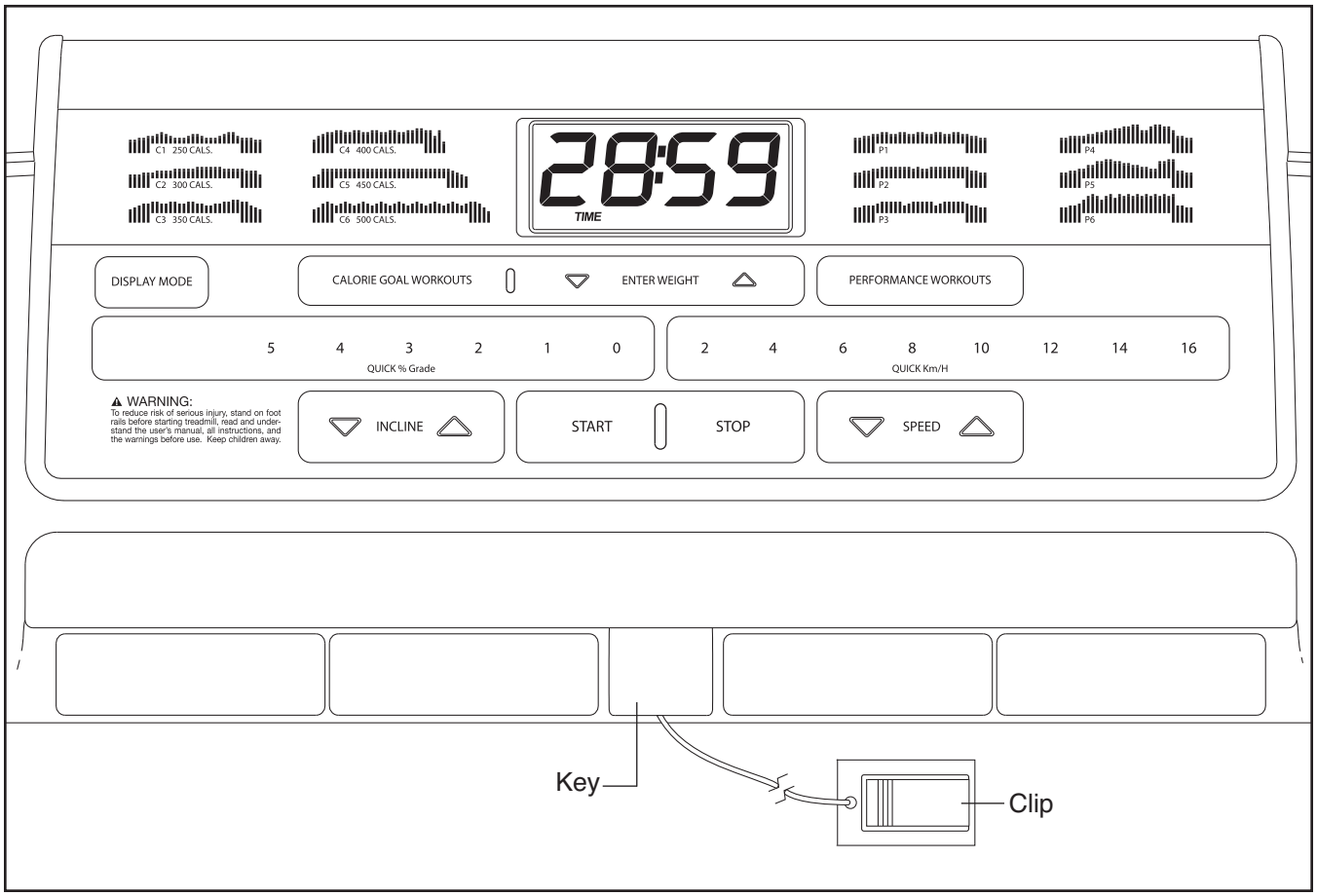


See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **IMPORTANT: The treadmill is not compatible with RCD-equipped outlets.**



⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display instant exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

In addition, the console features twelve preset workouts—six calorie goal workouts and six performance workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session.

To turn on the power, see page 10. **To use the manual mode,** see page 10. **To use a preset workout,** see page 12. **To use the information mode,** see page 13.

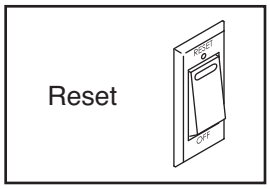
IMPORTANT: If there are sheets of clear plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 17).

Note: The console can display speed and distance in either kilometers or miles. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 13. Note: For simplicity, all instructions in this section refer to kilometers.

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 8). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the reset/off circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 13 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 9) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER at the left. The handlebars must be pivoted down and the console must be pivoted up before you use the treadmill (see page 7).

2. **Select the manual mode.**

   When the key is inserted, the manual mode will be selected. If a workout has been selected, remove the key and then reinsert it.

3. **Enter your weight if desired.**

   For the most accurate calorie count, enter your weight into the console by pressing the Enter Weight increase and decrease buttons repeatedly. Note: Once you have entered your weight, your weight will be saved in memory.

4. **Start the walking belt.**

   To start the walking belt, press the Start button, the Speed increase button, or one of the Quick Km/H buttons numbered 2 through 16.

   If you press the Start button or the Speed increase button, the walking belt will begin to move at 2 Km/H. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 Km/H; if you hold down the button, the speed setting will change in increments of 0.5 Km/H. Note: After you press a button, it may take a moment for the walking belt to reach the selected speed setting.

   If you press one of the numbered Quick Km/H buttons, the walking belt will gradually change speed until it reaches the selected speed setting.

   To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button or the Speed increase button.

5. **Change the incline of the treadmill as desired.**

   To change the incline of the treadmill, press the Incline increase or decrease button or one of the Quick % Grade buttons. Each time you press the Incline increase or decrease button, the incline will change by 0.5%. If you press one of the Quick % Grade buttons, the incline will gradually adjust to the selected incline setting.

6. **Follow your progress with the display.**

   The display features five modes:

   - Speed—This mode displays the speed of the walking belt.
   - Time—This mode displays the elapsed time. Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.
   - Distance—This mode displays the distance you have walked or run.
   - Calories—This mode displays the approximate number of calories you have burned.
   - Scan—This mode displays the speed, time, distance, and calories modes, for a few seconds each, in a repeating cycle.

   Each time the key is inserted into the console, the Scan mode will be selected. The SCAN mode indicator will appear in the display, and a second mode indicator will show which mode is currently displayed. Note: If you have selected a different mode, press the Display Mode button repeatedly to reselect the Scan mode.

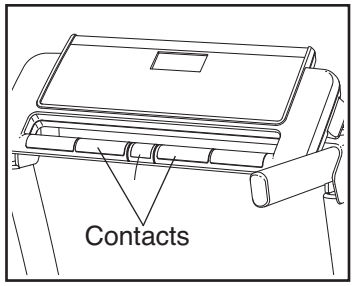
   To select the Speed, Time, Distance, or Calories mode for continuous display, press the Display Mode button repeatedly. The mode indicators will show which mode is selected. Make sure that the SCAN mode indicator does not appear.

   Each time the incline changes, the display will show the incline setting for several seconds. The display will also show your heart rate when you use the handgrip pulse sensor (see step 7).

   To reset the display, press the Stop button, remove the key, and then reinsert the key.

7. **Measure your heart rate if desired.**

   Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts on the pulse bar. In addition, make sure that your hands are clean.



   To measure your heart rate, **stand on the foot rails** and hold the pulse bar with your palms on the metal contacts. **Avoid moving your hands.** When your pulse is detected, a heart symbol in the display will flash each time your heart beats and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

8. **When you are finished exercising, remove the key from the console.**

   Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting or you may damage the treadmill when you fold it to the storage position.** Next, remove the key from the console and put it in a secure place.

   When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill’s electrical components may wear prematurely.**

HOW TO USE A PRESET WORKOUT

1. **Insert the key into the console.**

   See step 1 on page 10.

2. **Select a preset workout.**

   To select a preset workout, press the Calorie Goal Workouts button or the Performance Workouts button repeatedly until the name of the desired workout appears in the display. After a few seconds, the console will display the maximum speed setting and the duration of the workout. Note: The name and a profile of the speed settings of each workout is listed on the console. In addition, the approximate number of calories that you will burn during the calorie goal workouts is shown on the console.

3. **Enter your weight if desired.**

   See step 3 on page 10.

4. **Start the walking belt.**

   Press the Start button or the Speed increase button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

   Each workout is divided into one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

   Tones will sound at the end of each segment. Three seconds before the speed and/or incline of the treadmill is about to change, the speed or incline will flash in the display and a series of tones will sound to alert you. The treadmill will then automatically adjust to the speed and/or incline settings for the next segment.

   The workout will continue in this way until the last segment ends. The walking belt will then slow to a stop.

   If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

   To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 2 Km/H. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

   IMPORTANT: The numbers of calories printed below the profiles on the left side of the console are estimates of the numbers of calories that you will burn during the workouts. The actual number of calories that you burn will depend on your weight. In addition, if you manually change the speed or incline of the treadmill during the workout, the number of calories you burn will be affected.

5. **Follow your progress with the display.**

   See step 6 on page 11.

6. **Measure your heart rate if desired.**

   See step 7 on page 11.

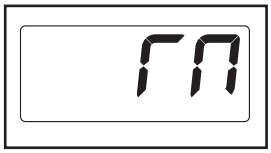
7. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 11.

THE INFORMATION MODE

The console features an information mode that allows you to select a measurement system of miles or kilometers, and to turn on and turn off the display demo mode. The information mode also keeps track of the total number of hours that the treadmill has been used and the total distance that the walking belt has moved.

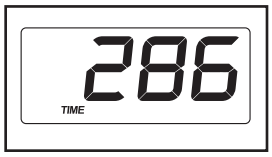
To select the information mode, hold down the Stop button while inserting the key into the console and then release the Stop button. When the information mode is selected, the following information will be shown:



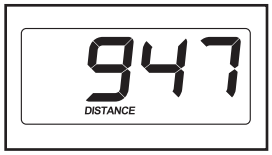
An “M” for metric kilometers or an “E” for English miles will appear in the display. Press the Speed increase button to change the unit of measurement if desired.

The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the reset/off circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a “d” will appear in the display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.

Press the Display Mode button to view the total number of hours the treadmill has been used.



Press the Display Mode button again to view the total number of kilometers (or miles) that the walking belt has moved.



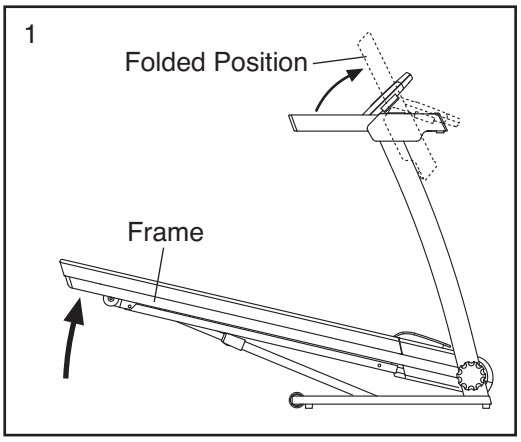
To exit the information mode, remove the key from the console.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

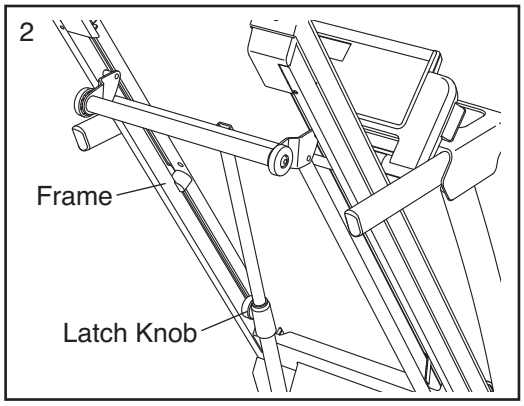
Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Bend your legs and keep your back straight as you raise the frame.** Raise the frame about halfway to the vertical position.



2. Raise the frame until the latch knob locks into the first storage position. To store the treadmill in the second storage position, pivot the handrails to the folded position (see drawing 1). Then, pull the latch knob to the left and raise the treadmill to the second storage position. **Make sure that the latch knob is locked in a storage position.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



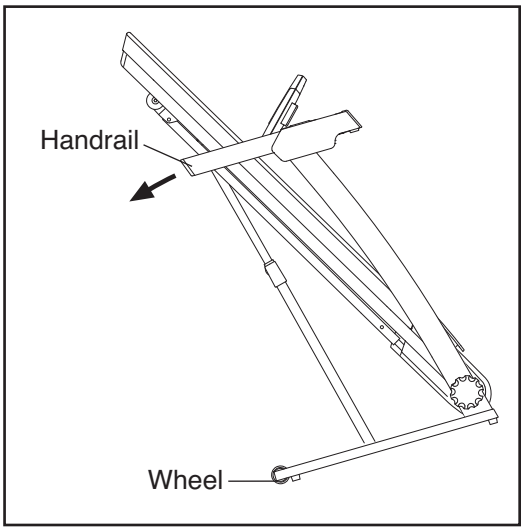
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**

1. Hold a handrail and place a foot against one of the wheels.

2. Tip the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

3. Place one foot against a wheel, and carefully lower the treadmill until it is resting in the storage position.



HOW TO LOWER THE TREADMILL FOR USE

1. **See drawing 2.** Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. It may be necessary to push the frame forward as you pull the knob to the left. Pivot the frame downward and release the latch knob.

2. **See drawing 1. Hold the metal frame firmly with both hands and lower it to the floor. CAUTION: Do not grip only the plastic foot rails or drop the frame to the floor. Bend your legs and keep your back straight.** If necessary, pivot the handrails down for use.

TROUBLESHOOTING

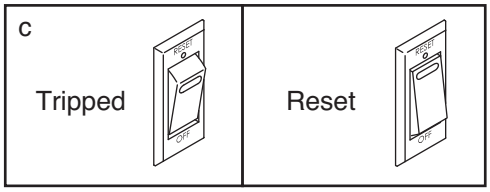
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet (see page 8). If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m). **IMPORTANT: The treadmill is not compatible with RCD-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

d. If the treadmill still will not run, please see the front cover of this manual.

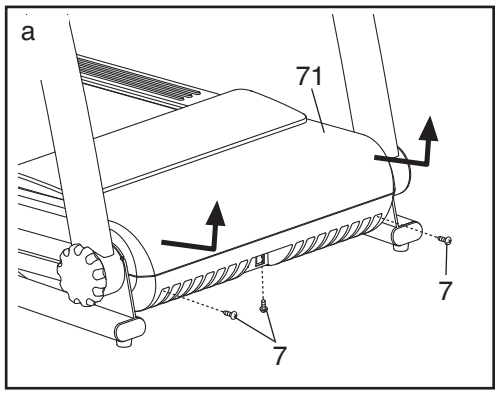
PROBLEM: The console displays remain lit when you remove the key from the console

SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 13 to turn off the demo mode.

PROBLEM: The displays of the console do not function properly

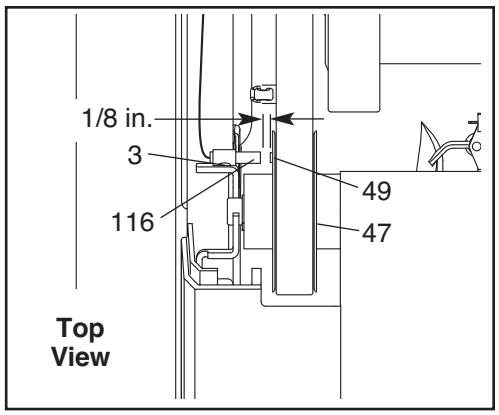
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.**

Remove the three M4.2 x 19mm Washer Head Screws (7) and carefully remove the Motor Hood (71).



Locate the Reed Switch (116) and the Magnet (49) on the left side of the Pulley (47). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the 4.2 x 19mm Screw (3), move the Reed Switch slightly, and then retighten the Screw.

Reattach the Motor Hood (not shown) with the three M4.2 x 19mm Washer Head Screws (not shown). Run the treadmill for a few minutes to check for a correct speed reading.



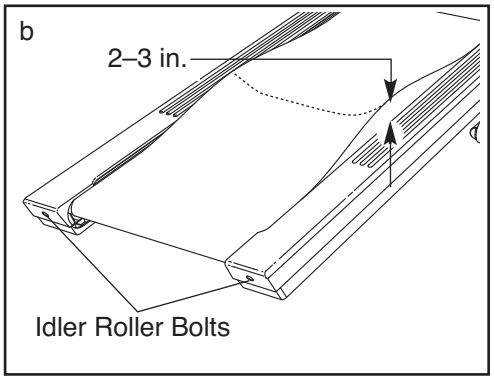
PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).

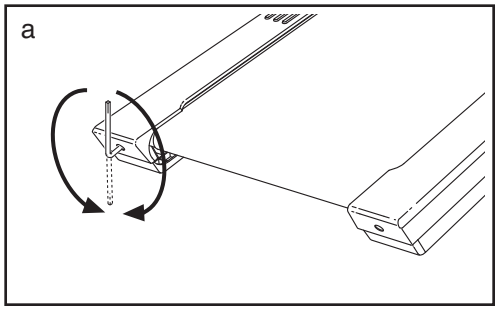
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



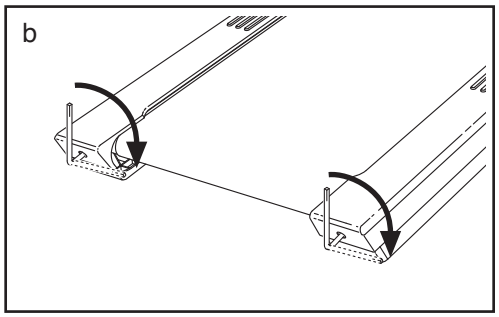
c. If the walking belt still slows when walked on, see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. **If the walking belt is off-center,** first remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use the hex key to turn the left idler roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	💗
145	*138*	*130*	*125*	*118*	*110*	*103*	💗
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. PETL59709.0

R0709A

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

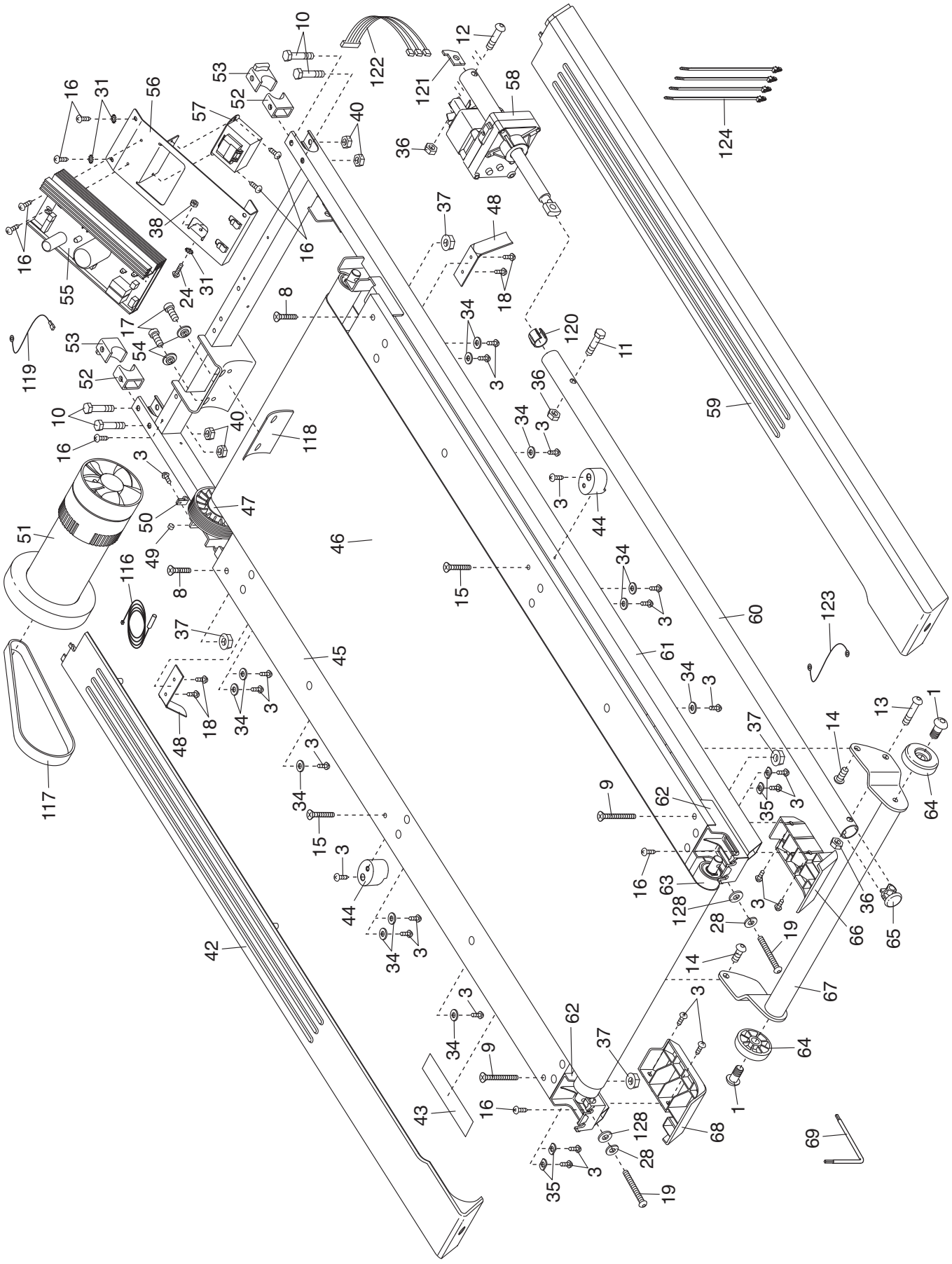
Key No.	Qty.	Description
1	2	3/8" x 1" Bolt
2	5	M4.2 x 13mm Washer Head Screw
3	31	M4.2 x 19mm Screw
4	24	M4.2 x 13mm Screw
5	4	M4.2 x 16mm Screw
6	1	Key/Clip
7	3	M4.2 x 19mm Washer Head Screw
8	2	M8 x 35mm Bolt
9	2	M8 x 90mm Bolt
10	4	5/16" x 2" Bolt
11	1	3/8" x 1 3/4" Hex Head Bolt
12	1	3/8" x 1 1/2" Bolt
13	2	3/8" x 1 3/4" Bolt
14	2	3/8" x 3/4" Bolt
15	2	1/4" x 1 1/4" Bolt
16	12	#8 x 1/2" Screw
17	2	1/4" x 5/8" Bolt
18	4	M4.2 x 13mm Belt Guide Screw
19	2	M6 x 60mm Bolt
20	6	M4.2 x 25mm Tek Screw
21	2	3/8" x 1/2" Bolt
22	1	3/8" x 2" Bolt
23	5	#6 x 1/2" Screw
24	1	M4 x 10mm Screw
25	8	1/4" x 1/2" Bolt
26	8	1/4" x 3/8" Bolt
27	1	#8 x 1/2" Machine Screw
28	2	M6 Split Washer
29	3	#6 Flat Washer
30	1	#8 Flat Washer
31	3	M4.2 Star Washer
32	2	3/8" Star Washer
33	2	1/2" Washer
34	12	Platform Washer
35	4	Rear Platform Cushion
36	5	3/8" Locknut
37	4	M8 Flange Nut
38	1	M4 Locknut
39	2	1/2" Jam Nut
40	4	5/16" Jam Nut
41	3	Hood Clip
42	1	Left Foot Rail
43	1	Latch Warning Decal
44	2	Isolator
45	1	Walking Platform
46	1	Walking Belt
47	1	Drive Roller/Pulley
48	2	Belt Guide
49	1	Magnet
50	1	Reed Switch Clamp
51	1	Drive Motor
52	2	Back Frame Pivot Bushing
53	2	Front Frame Pivot Bushing
54	2	Motor Bushing
55	1	Controller
56	1	Electronics Plate
57	1	Transformer
58	1	Incline Motor
59	1	Right Foot Rail
60	1	Incline Tube
61	1	Frame
62	2	Roller Bracket
63	1	Idler Roller
64	2	Rear Wheel
65	1	Incline Tube Cap
66	1	Right Rear Foot
67	1	Incline Leg
68	1	Left Rear Foot
69	1	Hex Key
70	1	Hood Accent
71	1	Motor Hood
72	1	Power Cord Adapter
73	1	Power Cord
74	1	Ferrite Clamp
75	1	Filter
76	1	Reset/Off Circuit Breaker
77	1	Receptacle
78	1	Belly Pan
79	2	Base Cap
80	4	Base Foot
81	2	Caution Decal
82	1	Base
83	2	Wheel Pin
84	2	Wheel Housing
85	2	Front Wheel
86	1	Storage Latch
87	1	Latch Knob
88	1	Upright Shaft
89	1	Pulse Bar
90	1	Pulse Ground Wire
91	1	Console
92	1	Wire Tie
93	1	Console Base
94	1	Left Console Stop
95	1	Right Console Stop
96	1	Console Back
97	1	Access Door
98	1	Upright Wire
99	1	Left Upright Cap
100	2	Handrail Cap

Key No.	Qty.	Description
101	1	Handrail
102	2	Console Tube
103	2	Handrail Pad
104	1	Upright
105	1	Right Upright Cap
106	1	Upright Knob
107	1	Upright Knob Plate
108	1	Right Upright Threaded Plate
109	1	Right Inside Gear Plate
110	1	Right Outside Gear Plate
111	1	Left Outside Gear Plate
112	1	Left Inside Gear Plate
113	1	Left Upright Threaded Plate
114	1	Upright Cover
115	2	Grommet
116	1	Reed Switch
117	1	Drive Motor Belt
118	1	Drive Motor Plate
119	1	Controller Ground Wire
120	1	Lift Motor Bushing
121	1	Incline Stop Bracket
122	1	Incline Motor Wire
123	1	Rear Roller Ground Wire
124	4	Plastic Tie
125	6	8" Cable Tie
126	4	Releasable Tie
127	1	Latch Endcap
128	2	1/4" Flat Washer
*	–	4" Red Wire, M/F
*	–	16" White Wire, 2F
*	–	6" White Wire, 2F
*	–	18" Blue Wire, 2F
*	–	4" Blue Wire, 2F
*	–	4" Black Wire, 2F
*	–	10" Green/Yellow Wire w/Decal, F/R
*	–	12" Green/Yellow Wire, F/R
*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

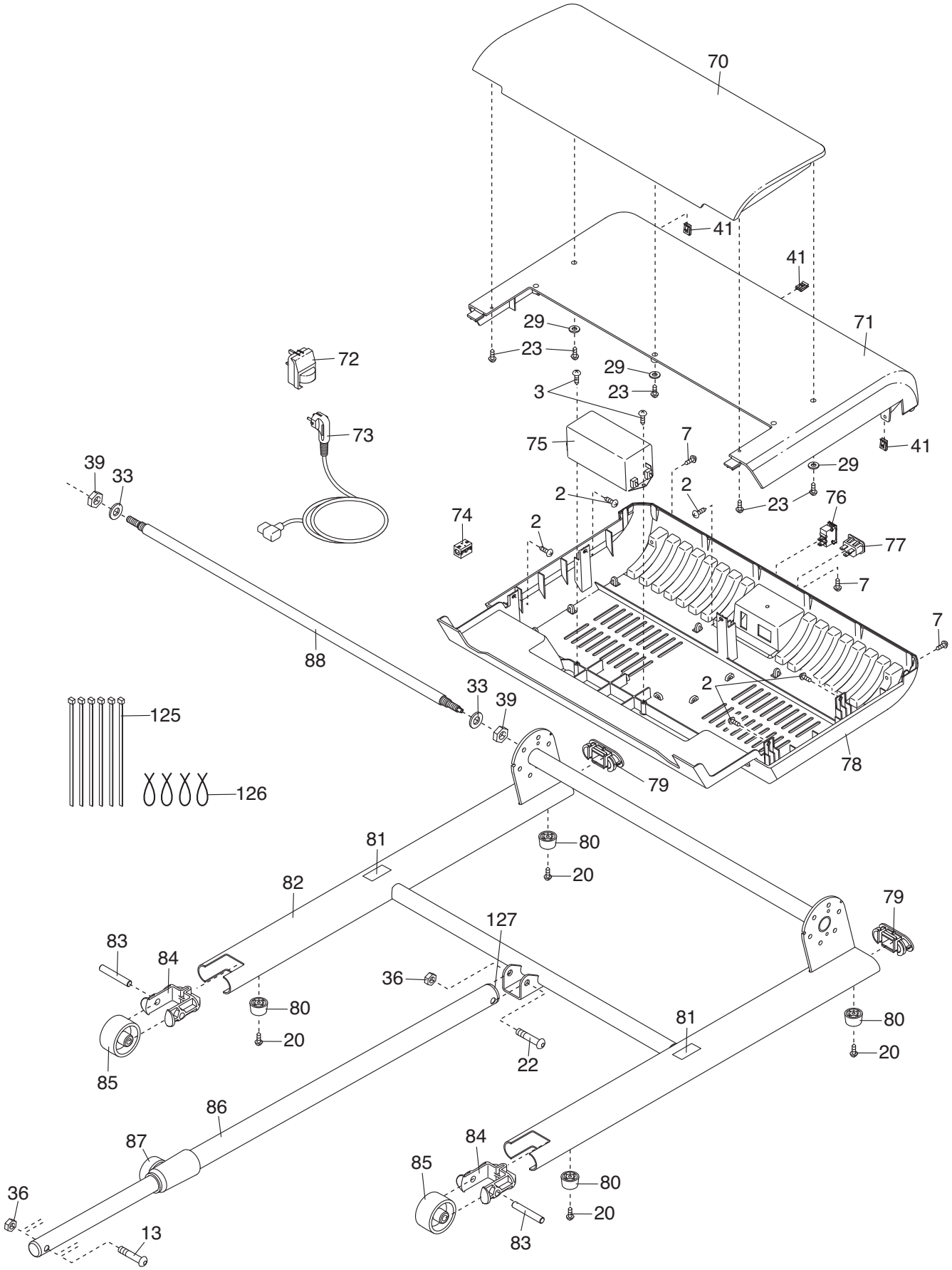
EXPLODED DRAWING A—Model No. PETL59709.0

R0709A



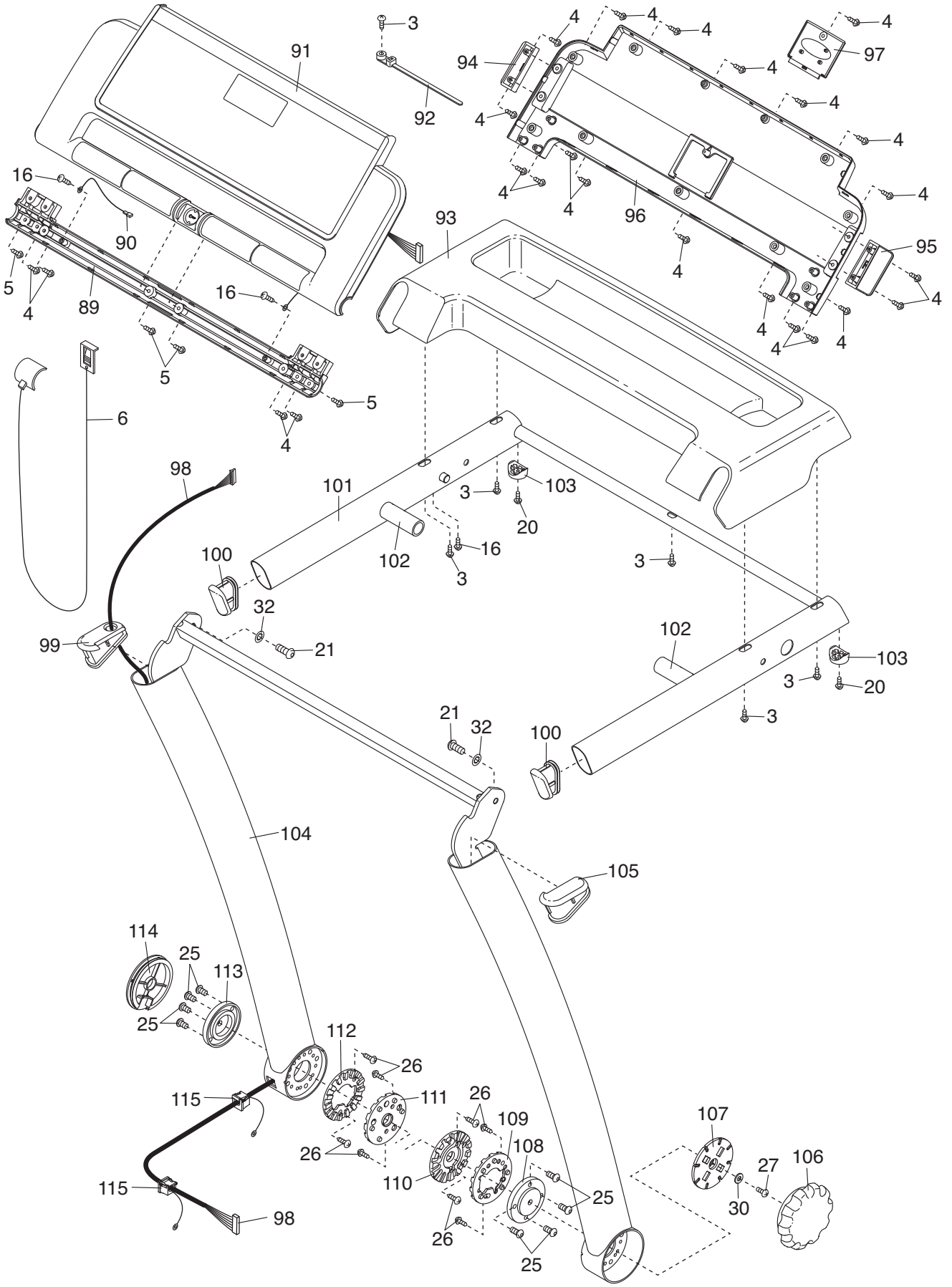
EXPLODED DRAWING B—Model No. PETL59709.0

R0709A



EXPLODED DRAWING C—Model No. PETL59709.0

R0709A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

Part No. 281402 R0709A

Printed in China © 2009 ICON IP, Inc.